

🔍 **How To Cook 5 ★ Panzerotti Dough with Milk**

**eDitorial work N°32  
by L.Guidali N°32**

**ETOILE**

**(You can watch this recipe in video on [eManation](#))**

# Let's go !

💡 HOW ? ▼

🔥 **ACTION ONE (7,5✓)** (👨🍳 Mixing and Carving) Mix the ingredients and knead the dough :

👣 **Step 1 (1,5✓)** (Page 8)

👣 **Step 2 (6✓)** (Page 10)

🔥 **ACTION TWO (0,5✓)** (👨🍳 ...) Let the dough rest :

👣 **Step 3 (0,5✓)** (Page 14)

✅ **Finish (Page 17)**

+ 8 ✓ **Experience Points in cooking**


👨🍳 **eXplanation :**


Mix 25g of fresh yeast (you can use another type of baker's yeast) in 400ML lukewarm milk.

Then pour 4g of sugar. After, on a flat work surface (Or with your robot, petrin ... etc. You can use a big bowl too.)

Pour 500g flour. Spread the flour, leaving a small crevice in the center to add 4g of salt and pour your milk with the yeast little by little while stirring.

Begin petrification of the paw for several minutes by adding 45ML of olive oil during petrification. Once finished pour a little flour into a bowl and put the paw in it, pour some flour on top of the dough too. Allow the dough to rest in a relatively warm and humid place for 3 hours (minimum advise) (You may deposit a lukewarm water container if the dough's resting location is an enclosed area).

 1 Tablespoon = 15G - 15ML (About)

 1 Teaspoon = 5G - 5ML (About)

 Difficulty :  Very Easy (Level 1 )

 Skills : Some little notions of cooking

 Senses :  Vision  To Touch  Proprioception  Smell  Thermoception  Taste

 Intelligences :  Kinesthetic Body Intelligence

 Intelligence Logic Mathematics

 Imagination

 State of Mind :  Focus

 Patient

 Perfectionist

 Methodical

 Organize

 Tools (  5 ) :

 2 Bowls (1 #Optional)

 1 Spoonful

 Metering (Ingredients)

 1 Big Bowl

 Cooking System

 Ingredients 7 (1#) (Recipe) : 16 (Panzerotti)  2292

 Olive Oil  45ML  270 Calories

 Milk Lukewarm (Half skim)  400ML  183 Calories

 Fresh Yeast  25g  90 Calories

 Sugar  4g  15 Calories

 Wheat Flour  510g  1734 Calories

 Salt  4g  0 Calories

 Water (#Optional)  0 Calories

 Consider nutrient intake too and not essentially calorie intake

 WHAT ? 

 How To Cook {5} Step by Step

🌟 **Panzerotti Dough with Milk**

🌌 **Panzerotti Dough World**

🌌 **Dough/Main Course/Secondary Dish Galaxy**

🌟 **Cooking Universe (🔍)**

📖 **Type :** Cooking of Panzerotti Dough (🥔 Preparation of various recipes for meals)

🎨 **Style :** Panzerotti Dough with Milk

🗣️ **Language :** 🌐 International (🇬🇧 description and steps in English, but comprehensible by the whole world)

📖 **HOW MUCH ?** ▼

👣 **3 Steps**

🔥 **2 Actions**

✓ **8 Experience Points**

🔧 **5 tools**

🍲 **Need 7 Ingredients (1#Optional)**

🔴 **2292 Calories (About) 1 Panzerotti = 🔴 143 Calories**

🔍 **Dosage (Weight) (About) :** 445ML (💧 Liquid) - 543G (🥕 Solid) (1= 28ML (💧 ) 34 (🥕 ) Weight of total ingredients used

👤 **How many people :** 2-6 Persons (4 Medium) (Main meal)

🕒 **Preparation Time :** 15 Minutes Minimum - 1 Hour Maximum

 **Waiting Time : 3 Hours ~ 5 Hours**

 **6 Senses**

 **3 Intelligences**

 **5 State of Mind**

 **WHO ?** 

 **Cook by Carmen**

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**? WHY ?** 

**Learn How To Cook Panzerotti Dough with Milk**

 **WHERE ?** 

**Pontault Combault (🇫🇷 France)**

 **Italian Food**

 **Sweden Music**

 **WHEN ?** 

 **10 December 2017**

 **Duration : 10 Minutes Minimum ~ 12 Hours Maximum**

⚠ The duration depends on the performance and tools used by the author.  
That is why this is indicated from the minimum to the maximum.

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💡 HOW ? ▼

### 🔥 ACTION ONE

(7,5✓) (👨🍳 Mixing  
and Carving) Mix  
the ingredients and  
knead the dough :

👣 Step 1 (1,5✓)



Step 1

Sugar  
(4G)



👣 Step 2

(6✓)









🔥 **ACTION TWO**  
(0,5✓) (👨... ) Let  
the dough rest :

👣 **Step 3** (0,5✓)







WAIT : 3 Hours Minimum  
Dough + Lukewarm Water

✓ Finish

+8

✓ Experience

Points in cooking



